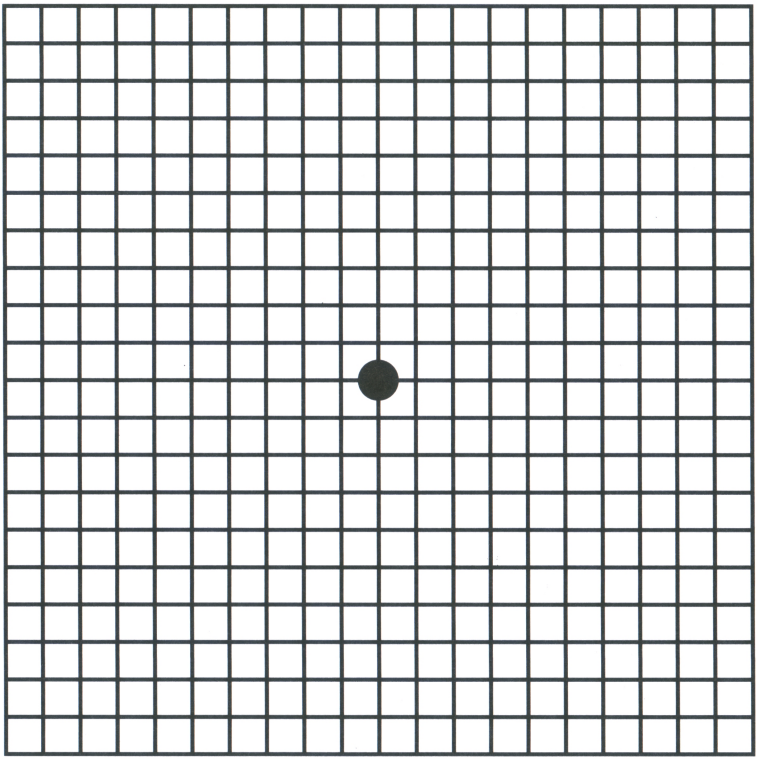
Macular Society
Beating Macular Disease

Monitor your vision in case it changes



It is important to spot early signs of changes in your vision. Hold the Amsler grid at eye level about 30cm from your eyes. Wear your usual reading glasses if needed, but not varifocals. Cover one eye at a time and look at the central dot. If any lines appear wavy, distorted, blurry or have gaps contact your optician or eye doctor immediately.

Macular Society
Beating Macular Disease

See for yourself!

Macular disease is the biggest cause of sight loss in the UK. One of the first signs of macular disease is distortions in sight. This handy Amsler grid could help you monitor your vision and detect changes.

There is only one way to Beat Macular Disease for good. We must fund much more research now, until we find a cure, or find treatments that stop it in its tracks.

To support people affected by macular disease now, the Macular Society provides a range of support, information and services.

For advice and information call 0300 3030 111 or visit macularsociety.org

Macular Society is the trading name of the Macular Disease Society. A charity registered in England and Wales 1001198, Scotland SC042015 and Isle of Man 1123. A company limited by guarantee, registered in England No. 2177039. Registered Office: Macular Society, Crown Chambers, South Street, Andover SP10 2BN

MSAC 0222